

Psychological Combustion and Its Relationship to the Psychological Toughness of the Players of Excellent Grade Clubs with Handball

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Abstract

Psychological combustion is a psychological phenomenon that impedes athletic achievement and affects the level of Super League handball players because this phenomenon is characterized by many dimensions, some of which affect the level of Super League handball players due to the convergence of levels between teams and the high level of competition, which has led to a focus on training or technical aspects. research problem, in the opinion of the researcher, is that developing psychological skills and knowing their levels and interconnectedness to cope with pressures may help to create psychological potential that contributes to enabling players to reduce those pressures of burning and its dimensions as much as possible and the fact that the researcher is a follow-up to most teams in the Iraqi Super League which The level of development and rapid transition of this game and the level of convergence between teams made the level of ambition with a ceiling even higher than the managers and management staff of the Iraqi Super League with a handball to put on these players a huge amount of physical and psychological stresses and high emotion for long periods and draw goals that may not fit their psychological abilities And put a high emotional pressures for long periods and setting goals that may not be compatible with their psychological capabilities, and therefore the ceiling of ambition will be at a level that intersects with the level of the player in the Premier League, or that the players put themselves under the goal of high-ceiling goals that they may not be able to catch up with because they are not compatible with the technical levels or capabilities. Their subjectivity, which causes the emergence of this phenomenon and its various dimensions at early times, and from here crystallizes from what was raised above a set of questions that define the dimensions of the problem and surround the subject of choosing this study and try to develop effective solutions to it. Which: What is the importance of knowing a number of psychological phenomena and overlapping them and how they affect handball players.

1. Is there a correlation between the subjects of the study and the extent of their influence on the players of handball for the Premier League.
2. The lack of studies on the subject of psychological combustion and linking them to subjects such as the psychological toughness of handball players to the Premier League.
3. What is the role of psychological combustion on handball players and how hard the psychological role of Super League players is to reduce this.

The objectives of the research were to build and apply the psychological combustion dimension scale of players of excellent handball clubs. And the numbers and application of the psychological hardness scale of the players of the excellent grade clubs with handball. And setting standard levels for measuring the dimensions of psychological combustion and psychological hardness of players of excellent handball clubs. Recognize the level of dimensions of psychological combustion and toughness of players of excellent handball clubs. Recognize the relationship between the dimensions of the psychological combustion scale and the psychological toughness of players of excellent handball clubs. The researcher used the descriptive approach in the scanning manner due to its suitability to the nature of the current study. The research community and sample were identified in a comprehensive manner by the 2022-2023 players of the Iraqi Super League clubs with a handball for the season. The 223 players represented (15) a club. The sample was chosen in a deliberate manner and the 190 players were (85.20%). The most important findings ranged from medium- to high-level sample responses between the two measures of psychological combustion and psychological hardness.

Keywords: handball; psychological toughness; Psychological combustion

1. Introduction

Introduction and importance of research

Many experts agree that being pressured is inevitable. The reality of life is full of failures and difficulties that adversely affect behavioral, cognitive and emotional

aspects, So the researchers were interested in studying problems related to stress and how to confront it as the method of confrontation serves to solve and mitigate future problems. The psychological combustion variable is one of the psychological variables that affects an individual's ability to respond to the most positive stresses, whether mental, emotional or physical, to

resolve them and to face future difficulties, as well as to be a general feature of the personality. That creates and develops them through the diverse environmental experiences surrounding the individual from a young age, highlighting in the field of sports activities, in particular collective activities, including a range of stresses and obstacles to their continuous sustainability that prevent the player from fully fulfilling his or her role. which contributes to his sense of inability to deliver the work required of him at the level that others expect, Whenever this happens, the player's relationship with those around him takes on a negative dimension that has devastating effects on the achievement of the goals set as a whole. human rights ", this sense of helplessness while exhausting effort leads to a state of emotional, mental and physical exhaustion and depletion that can be defined as a burn characterized by its many dimensions.

We note researchers' concern over previous years to pay attention to this phenomenon, study it, and try to link it to multiple characteristics and variables to capture the behaviors or phenomena associated with it that will contribute to its governance, legalization and control and minimize its effects as they lead to a decrease in the level of players and reduce their level of motivation because of the characteristics and mental, mental, emotional and physical requirements of this game and the accompanying stresses on both Psychological combustion as a term spread in the early 1970s and in different spheres of life, which is a relatively modern concept. and the cause of psychological combustion is due to the athletes' cravings and urgency to achieve ideal and sometimes unrealistic goals that may be drawn by the coaching staff or set themselves goals that may be difficult to attain as a result of the level of ambition that exists at both parties, These ideal goals may be self-imposed by the athlete or may be imposed by his coach, administrators or family and close associates From the foregoing, burning is a state of psychological, emotional, mental and physical stress that does not occur directly or exclusively by accident but results in excessive pressure on players for long periods of time and thus results in a low level of motivation and low level of giving by a handball player during Super League competitions as a result of the pressures placed on him, whether intellectual, mental, emotional or physical and for long periods of time. One factor that determines the level of psychological combustion as we have previously is the amount of stress and the durability of its periods, but the personal characteristics of the players of handball or sports in general will play a role in the judgment and determination of the side-effects of this phenomenon as a psychological hardness as it plays a critical role in reducing the negative effects of combustion and its different dimensions, which will significantly affect the level of player in the Super League League Its legalization does not hinder the achievement of goals and reduce their level of motivation.

The researcher considers that there are many factors and causes associated with the phenomenon of psychological combustion that differ in their psychological impact from one player to another

because of the individual differences between the players in their psychological endurance. The researcher asserts that one of the most important variables or factors related to the personal characteristics of the players is the psychological hardness of the player as he plays a prominent role in enabling the player to reduce and control the symptoms of this psychological phenomenon burning and its many dimensions.

Psychological toughness contributes to reducing players' level of combustion and delaying their periods of appearance because players with a high level of psychological toughness will be more resilient, resistant, accomplished and enjoying high-level psychological control, leadership and realistic activity and less susceptible to symptoms of the dimensions of this psychological phenomenon. s mental and physical health ", where it was noted that many individuals maintain their mental and physical health, They do not develop psychiatric and organic illnesses despite their exposure to stress events, so attention has been drawn to the need to examine sources of pressure resistance. (Factors and psychological and environmental variables), which help these individuals to comply with these various adverse events they encounter and do not make them vulnerable to many physical and psychological illnesses in their varied forms. Therefore, the researcher considers that the level of pressure on Super League handball players can contribute to the psychological phenomenon of psychological combustion, which has negative rewards for them. We should therefore look for factors and personal characteristics of these individuals that contribute to reducing them, including what the researcher addressed in her study (psychological toughness).

The goals set by the player in the Premier League for himself or his surroundings or the coaching staff may constitute the first point of combustion during the games because they assume efforts in the competitive arena because the outcome of the match or the application of what is required of them and in the long term will be determined by that Hence, psychological toughness can play an important role in the face of pressure from Super League handball players. A player can overcome psychological combustion by developing psychological toughness through which he can face the difficulties of stress situations. Psychological toughness changes from the cognitive assessment of the compressor event. It looks less threatening to Super League handball players and makes him commit to his tasks in his life in accordance with his abilities and goals. It sets itself goals that it seeks to achieve and may make it better able to make the right decision in the right position, regardless of any pressure placed on it.

The level of psychological combustion of handball players is linked to their level of self-esteem. They play an enormous role in this. They indicate how much one believes in one's self and abilities. The concept of psychological toughness is directed to the individual's self-esteem and belief in a level of competence. Thus, the direction of goal-setting will

match his belief in his ability.

The importance of this study is that the phenomenon of psychological combustion is a psychological phenomenon that impedes the achievement of sports, because the level of handball players in the Premier League is characterized by many dimensions, some of which affect the level of handball players in the Super League because of the convergence of levels between teams and the high level of competition, which has led to a focus on training or technical aspects.

Therefore, the importance of the study is to give psychological aspects the same importance as the physical aspects of their influence on the level of handball players to the teams of excellence in achieving the goals they have been drawn upon or set for themselves.

Search Problem

Mental, physical and emotional exhaustion leads to a negative perception of the person towards himself or herself, as well as the formation of negative trends towards the sports activity practised and others surrounding it as well as the lack of idealism, anger, despair and low level of motivation towards achieving goals. Physical, mental, nervous and emotional fatigue is also a condition that occurs as a result of working with and interacting with others for a long time and in situations that need always a double emotional, physical and mental effort or as a result of goals set by the player for himself as a result of his lack of proper self-esteem or the pressure of those close to him or her.

The researcher considers that developing psychological skills and knowing their levels and interconnectedness to cope with pressures may help create psychological potential that contributes to enabling players to reduce those pressures of burning and its dimensions as much as possible and that the researcher is following up most teams in the Iraqi Super League with handball.

So the ambition ceiling will be at a level that intersects with the player's level in the Premier League or that players put themselves under the goal of high-ceiling goals that they may not be able to catch up with because they are incompatible with their technical levels or their own potential, causing this phenomenon and its different dimensions to emerge early on.

This problem is therefore shaped and crystallized from the point of view of the researcher is that the team officials whether they are coaches or administrators set appropriate goals as well as that the players do not place themselves in the drawing of goals that are incompatible with their levels of toughness and self, resulting in the appearance of psychological combustion.

Thus, the problem of this study is concentrated from the researcher's point of view to the lack of studies that examine the dimensions of psychological combustion and its relevance to influential personal traits such as

psychological toughness and self-esteem among Iraqi Super League handball players. In this sense, the researcher has laid the foundation stone for the problem of this emerging study to build tools that measure research variables and to surround the causes of combustion. Hence, a range of questions have been raised above, which define the dimensions of the problem, encompass the topic of the study's choice and attempt to develop viable solutions to it. These are:

1. What is the importance of knowing a number of psychological phenomena and overlapping them and how they affect handball players.
2. Is there a correlation between the subjects of the study and the extent of their influence on the players of handball for the Premier League.
3. The lack of studies on the subject of psychological combustion and linking them to subjects such as the psychological toughness of handball players to the Premier League.
4. What is the role of psychological combustion on handball players and how hard the psychological role of Super League players is to reduce this.

Search Objectives

1. Build and apply the psychological combustion dimension scale of players of excellent handball clubs.
2. Numbers and application of the Psychological Hardness Scale in players of excellent handball clubs.
3. Setting standard levels for the scale of psychological combustion dimensions and psychological toughness of players of excellent handball clubs.

search required

1. There is a morally significant correlation between the dimensions of psychological combustion and the psychological toughness of players of excellent handball clubs.

areas of research

the human field

players of Super League clubs with handball.

the time area

The date of the placement's confirmation shall be set at the date of the pre-delivery date from 10 -15 day after the conclusion of the search.

Spatial Field

Super Handball Clubs

2. Research methodology and field procedures

Research curriculum

The nature of the phenomenon and the objectives laid down compel the researcher to choose the appropriate curriculum, defining it as "the right art of organizing a series of many ideas, either in order to uncover an anonymous fact or in order to demonstrate a fact that others do not know and the researcher used the

1 Bloom Benjamin (and others): Student's Synthesis and Formative Assessment, translated by Muhammad Amin Al-

Mufti (and others): Cairo, Modern Egyptian Office Press, 1983, p. 126.

descriptive method in the surveying method due to its relevance to the nature of the current study

The research community's and sample

(The research's objectives and procedures will determine the nature of the sample to be selected.)²

Therefore, the search sample community was determined by a comprehensive limitation of the 223 Iraqi Super League handball clubs for the season (2022-2023) representing 15 players representing 15 clubs. The sample was chosen in the deliberate manner of 190

players for the season (85.20%) as shown in table (1). The sample was therefore divided into three sections:

First: Survey experience sample: (20) players and included a number of players of Nasiriyah Club and Arabian Gulf Club in Basra and 10.52% of the search sample.

Second: The sample of construction of the scale included a number of 100 Iraqi Super League clubs with a ratio of 52.63%.

Third: Application Sample: Included 70 Iraqi Premier League club players with a handball ratio of 36.84%

Table (1) shows the construction sample, application sample, reconnaissance and excluded players

T	Team	Total number of players	Number of construction sample personnel	Number of application sample personnel	Number of test personnel Reconnaissance	Excluded Players
1	Al jaish team	15	10	5		0
2	Al shorta team	15	8	4		3
3	Al hashd team	15	10	5		0
4	Al kofa team	15	8	4		3
5	Karbala team	14	7	4		3
6	Al baladiyah team	15	10	5		0
7	Al fotowa team	15	0	5		10
8	Dialy team	15	7	8		0
9	Al karkh team	15	8	7		0
10	Al koat team	14	8	6		0
11	Al Nasiriyah team	15	0	0	10	5
12	Al khalij al arabi team	15	0	0	10	5
13	Misan team	15	9	6		0
14	Al musaiab team	15	5	6		4
15	Al taawon team	15	10	5		0
Total		223	100	70	20	33

3. Research tools

means used for research

It is the way and way in which a researcher can solve his problem whatever those tools, data, samples³

1. Arab and foreign sources.
2. International Information Network (Internet).
3. Auxiliary Task Force

Means of Data Collection

The researcher used the following tools

1. Note 2.
2. Counterpart
3. Questionnaire
4. Data collection and unloading form.
5. 2-3-3 devices used in research: -
6. Genx recorder .
7. dell type laptop.
8. Kinko type hand calculator.

Field Search Procedures

Procedures for Building a Psychological Combustion Scale

The researcher sought to build and design a psychological combustion scale in line with the scientific foundations from which the subject of her research proceeded.

Psychological combustion scale areas identified

After presenting the exploratory questionnaire and obtaining the aforementioned fields through expert opinion and reading the literature of the subject developed by the researcher and by presenting it to a number of experts and specialists in sports psychology, and using the views of some experts in this field (The competence of sports psychology, testing and measurement of hand roller about the validity of the axes and the deletion, modification or addition of any axis that they believe is important and vital in the issue of psychological combustion and to indicate the validity of the fields whether they are not, as shown in the table (2) and (3) about the percentage of each area and through the expert opinion agreement, i.e. the reality (15) Experts and, through this, some areas have been excluded, as shown in the table (2) As extracted through (kai square) under the indicative level (0.05) and at the degree of freedom (1).

Table (2) shows the validity of the proposed axes of the psychometer

T	Fields	Serve	Not serving	Percentage	Calculated ka2 value	Indicative level *	Statistical significance
	Feelings of emotional stress	14	1	%93.333	11.267	0.001	Significant
	Feeling dull	13	2	%86.666	8.067	0.005	Significant
	Feeling a lack of feelings of achievement	15	0	%100	15	0.000	Significant

* Significant at an indicative level < (0.05) and a degree of freedom (1).

2 Khair al-Din Ali Owais and Issam al-Hilali: The Mathematical Meeting, 1st edition, Cairo, Dar al-Fikr al-Arabi, 1997, p. 67.
3 Shaker Mubader Jassim: Vocational Guidance Systems and

Comparative Educational Counseling, Higher Education Press, University of Basra, 1990, p. 144.

Through the above table the following areas were accepted

- 1 - The area of feeling emotional stress
 - 2 - Field of Feeling Sour
 - 3- The main area of lack of feelings of achievement
- the preparation of paragraphs for each of the scale areas

In order to build the scale and preliminarily draft its paragraphs and make it a first step in building the scale, the researcher relied on the following:

First: Conducting personal interviews with experts and specialists in sports psychology, training science, tests and measurement to get their opinions and get the most information and the most clear to enable the researcher to come up with a set of required information that serves the research.

Second: See a collection of literature and studies similar to the research topic as well as some studies associated with the components of the scale and take advantage of the concepts and meanings to formulate the appropriate paragraphs for each area of the psychological combustion scale. The researcher has been able to formulate (51) a paragraph

The researcher relied on interviews with experts and specialists in the field to identify their views and obtain as much information as possible to assist the researcher in drafting the paragraphs of the scale, as well as to see some relevant metrics close to the subject of research in the field of psychology and to learn about the nature of the positions contained therein and the manner in which the paragraphs are drafted. and then the researcher

drafted the paragraphs for the scale, and the researcher tried to take into account the ease and clarity of their content and the unequivocal interpretation and limitation of individuals. Thus, the number of paragraphs as drafted was as follows:

A proposed paragraph (51), representing the areas of the psychological combustion scale, was drafted. The area of emotional stress (17) included a paragraph and the area of feeling dire (17), and the area of sense of achievement (17).

The benchmarking paragraphs be presented to experts and specialists

After the measure was prepared as preliminary as those containing 51 poverty, spread across three areas, the researcher:

The measure, as preliminary, was presented to a group of experts and specialists with expertise and specialization in mathematical sciences, psychology, testing and measurement in order to determine the relevance and suitability of the paragraphs of the two measurements to measure what they had been developed for, as well as to evaluate, modify and judge the paragraphs in terms of drafting and accuracy of content. with their observations and suggestions on the two measurements in general, and on the use of the quinquennial ladder to estimate the scores of the sample individuals, the process of responding experts by marking and (✓) to the left of the phrase to determine whether or not the paragraph is valid and to place the mark itself in the field of negativity or positivity. Following the experts' views and observations on the paragraphs of the two measures, the researcher reads as follows:

Table (3) shows the number of paragraphs of the psychological combustion scale in its initial form before being presented to experts and specialists and after being presented to them, distributed to them in the fields

T	Field	The number of paragraphs of the scale in its initial form	Number of scale items excluded	The number of items of the scale after being presented to the experts
1	area of emotional stress	17	2	15
2	The field of feeling dullness of feeling	17	2	15
3	The area of a sense of lack of a sense of achievement	17	2	15
Total paragraphs		51	6	45

The researcher analysed the results of the questionnaire using the percentage as a criterion for accepting or excluding the paragraphs of the scale. The paragraphs agreed upon (75%) and more experts were accepted as valid and appropriate for both measurements. Bloom notes that "the researcher has obtained approval by 75% and more than the opinions of experts and specialists in this type of honesty".⁴

The researcher obtained the percentage of the agreement and used the researcher (kai square), showing that 75% or more was acceptable when the paragraph received it. The value of kai square calculated at a probability level (0.05) and a degree of freedom (1)

Some paragraphs were combined because they were similar in meaning as well as redrafting some of the paragraphs on which the experts made observations and the final analysis resulted in the lifting of the paragraphs where Kai's calculated score was lower than the tabular, since Kai's tabular score was at an indicative level (0.05) and at a degree of freedom (1) equal to (3,84). The number of paragraphs removed was 6 from the psychological combustion scale, namely:

1. Area of emotional stress: paras. (7, 11).
2. Area of feeling country: paragraphs (17.6).
3. Area of sense of underachievement: paragraphs (12.8)

Scale Rating Scale Selection

In drafting the paragraphs, the researcher relied on

4 Muhammad Abd al-Salam: Psychological and Educational Measurement, 2nd edition, Cairo, Arab Renaissance Library, 769

1981, p. 119.

the Licert method, which is a common method of measurement because this method is characterized by the following:⁵

1. Ease of use.
2. High degree of stability and honesty of the scale.
3. Reduce the degree of guesswork and coincidence factor.
4. Licert is one of the best ways to predict behaviour or phenomenon, It is intended to establish an examiner '6

Following the experts' opinion of 15 experts, the quinquennial scale of the two measures was determined because it gave multiple choices and reduced the degree of guesswork, making the scale of assessment used valid.⁷

As such, the researcher was briefed on a set of benchmarks and the experts' answers supported the two measures of the proposed quinquennial.

Table (4) shows the method of correcting the paragraphs of the two measurements

Scale	Always	Mostly	Sometimes	Rarely	Never
Physiological combustion	5	4	3	2	1

The linguistic validity of the scale

After finalizing the paragraphs and after completing the answers of the experts and specialists and making some amendments to them, the researcher presented the paragraphs to a specialist in Arabic in order to be linguistically sound and free of spelling errors. All the amendments presented by the linguistic denominator were introduced (Dr. Mu 'ed Mahdi Faisal) Thus, the two measurements in a sound linguistic style are free from errors and incorrect language expressions.

exploratory experience

After the two metrics were ready to apply, the researcher conducted the survey experiment on a preliminary sample of players, the researcher on Thursday. The Hall of Martyr Haider Kamel Burhan in Dhi Qar governorate was chosen. 20 players from Nasiriyah Club and Arabian Gulf Club with handball for the purpose of ensuring that the sample understands the instructions of the two measures, their clarity and their understanding of the paragraphs and their drafting style for the handball player. To reveal the unclear paragraphs in terms of their language and wording, the researcher asked the sample to read each paragraph accurately and to mark (✓) in front of the paragraph if it was clear and (✗) in front of the paragraph if it was unclear. And After the two scales are ready The researcher has done a number of things:

4. Clarification of the method of responding to the sample's individual.
5. Give the sample individuals the opportunity to inquire.

6. Give sufficient time to the individuals of the sample.

The researcher found that the paragraphs were appropriate, and the average time taken to answer ranged from (10-15) precise for the single scale. All paragraphs were moral. This indicates that individuals appointed by the exploratory experiment had sufficient awareness to accommodate the paragraphs as they were easy and clear.

Main experience

The purpose of this experiment is to apply the psychological combustion measure and the measure of self-esteem for the players of the Iraqi Super League handball clubs as finalized with the aim of statistically analysing the paragraphs and knowing the discriminatory power of the paragraphs of each measure and identifying the distinctive and non-distinctive paragraphs for the period from//2022 to/2022 and to achieve this.

The two measures were applied to the construction sample: the 100 Iraqi Super League clubs with a handball. After the distribution of the forms were completed and the responses were answered, each form was checked to ensure that they were answered in the required form.

Statistical analysis of the two measurements' paragraphs

This procedure aims to detect the discriminatory capacity of the paragraphs and the internal consistency of the two measurements. The analysis of the paragraphs is defined as a study based on the statistical and experimental logical analysis of the test units for the purpose of knowing their characteristics and deleting, modifying, replacing, adding or rearranging the paragraphs in order to achieve a consistent and credible test in terms of length and difficulty.⁸

There are many methods adopted by the researcher to analyse the paragraphs of extremist groups' style.

Discriminatory capacity (both parties' groups)

This is an important step in the light of which the distinction between individuals with high marks and individuals with high marks is identified.⁹

Low scores in the two-scale form for the purpose of finding the discriminatory ability of the paragraphs after obtaining answers to the scale-building sample The researcher:

1. Calculate the total scale score for each individual by collecting the grades of the paragraphs through the substitutes of the scale and for each member of the sample.
2. The grades obtained by the members of the sample were arranged in descending order.
3. The grades were divided by 27% of the upper group and 27% of the lower group is the best

5 Mohamed Abdel Salam Ahmed: Psychological and Educational Measurement, Cairo, Arab Renaissance Bookshop, 1980, p. 43.

6 Haider Abd al-Ridha al-Khafaji: a source previously mentioned, 2014, p. 151.

7 Mohamed Nasr El-Din Radwan: The Introduction to Measurement in Physical Education and Sports, 1st Edition, Cairo, Al-Kitab Center for Publishing, 2006, p. 131. Hamad Ahmed Abdel Salam

8 Zakaria Muhammad Al-Zaher and (others); Principles of Measurement and Evaluation in Education, 1st Edition: (Amman, Al-Dar Al-Ilmiyyah for Publishing and Distribution, 2002 AD), p. 127

9 Isaac. And Michal, W. Hand book in Research and Evaluation, 2nd. ed. eats publishers in psychology and education, 4th. ed. New York; mc craw-Hill book company. 1981. p. 120

percentage by which we get the ability to discriminate in paragraph (v). The law (v) was used freely (1). After the application of statistical processes to extract the discriminatory force of the paragraphs, the following results emerged:

4. The computational medium has ranged the

discriminatory capacity of the psychometer between (1.60 -4.986).

A paragraph (3) has been excluded from the psychological combustion scale and table (5) shows the discriminatory capacity of each paragraph of the scale.

Table (5) shows the (T) values calculated to indicate the discriminatory ability of the items of the burnout scale

The first area: the feeling of emotional stress							
Upper group			lower group		Calculated T value	Indicative level	Paragraph strength
sequencing	SMA	Standard deviation	SMA	Standard deviation			
1	4,955	0,480	3,657	0,605	15,40	0,000	Distinguished
2	4,763	0,407	3,754	0,504	12,63	0,000	Distinguished
3	4,549	0,654	1,022	0,602	13,91	0,000	Distinguished
4	4,373	0,496	2,534	0,672	12,64	0,000	Distinguished
5	4,712	0,458	1,781	0,553	15,24	0,000	Distinguished
6	4,455	0,435	3,815	0,393	16,94	0,000	Distinguished
7	4,101	0,546	3,344	0,542	17,18	0,000	Distinguished
8	4,905	0,296	2,622	0,553	20,55	0,000	Distinguished
9	4,955	0,480	3,657	0,605	15,40	0,000	Distinguished
10	3,96774	0,91228	2,26667	0,98027	7,01900	0,000	Distinguished
11	3,74194	1,12451	2,26667	0,98027	5,45400	0,000	Distinguished
12	4,06452	0,96386	1,93333	1,01483	8,41200	0,000	Distinguished
13	2,542	0,7532	2,452	0,6538	1,123	0,071	Undistinguished
14	4,03226	0,91228	2,20000	0,99655	7,49400	0,000	Distinguished
15	4,22581	0,99028	2,33333	0,95893	7,57900	0,000	Distinguished
The second area: the sense of dullness of feeling							
Upper group			Lower group		Calculated T value	Indicative level	Paragraph strength
sequencing	SMA	Standard deviation	SMA	Standard deviation			
1	3,542	0,7532	2,452	0,6538	5,123	0,000	Distinguished
2	4,4194	0,95827	1,6	0,67466	13,246	0,000	Distinguished
3	4,129	0,80589	1,7667	0,72793	12,002	0,000	Distinguished
4	4,0323	0,79515	1,8333	0,69893	11,457	0,000	Distinguished
5	2,9935	0,87252	2,6333	0,7184	1,488	0,057	Undistinguished
6	4,986	0,549	2,314	0,476	19,92	0,000	Distinguished
7	4,905	0,296	2,622	0,553	20,55	0,000	Distinguished
8	4,753	0,435	2,683	0,534	16,84	0,000	Distinguished
9	2,432	0,85437	2,3213	0,76534	1,243	0,081	Undistinguished
10	4,907	0,293	2,901	0,292	27,01	0,000	Distinguished
11	4,905	0,296	2,622	0,553	20,55	0,000	Distinguished
12	4,455	0,435	3,815	0,393	16,94	0,000	Distinguished
13	4,753	0,435	2,683	0,534	16,84	0,000	Distinguished
14	4,004	0,404	3,402	0,613	14,66	0,000	Distinguished
15	3,331	0,742	1,841	0,548	19,746	0,000	Distinguished
The third area: the sense of lack of a sense of achievement							
Upper group			Lower group		Calculated T value	Indicative level	Paragraph strength
sequencin	SM	Standard deviation	SMA	Standard deviation			
1	3,438	0,743	1,837	0,631	19,647	0,000	Distinguished
2	4,242	0,812	1,845	0,539	18,723	0,000	Distinguished
3	4,250	0,813	2,031	0,425	19,437	0,000	Distinguished
4	4,342	0,814	1,926	0,427	19,149	0,000	Distinguished
5	4,521	0,81	2,101	0,445	14,362	0,000	Distinguished
6	3,930	0,91	2,200	0,347	13,457	0,000	Distinguished
7	4,025	0,76	1,368	0,563	15,350	0,000	Distinguished
8	4,029	0,93	1,261	0,668	15,371	0,000	Distinguished
9	4,440	0,90	2,301	0,245	14,438	0,000	Distinguished
10	4,462	0,81	2,207	0,438	19,520	0,000	Distinguished
11	4,059	0,85	2,407	0,538	13,788	0,000	Distinguished
12	4,075	0,483	1,823	0,547	16,162	0,000	Distinguished
13	3,381	0,397	1,843	0,557	12,858	0,000	Distinguished
14	4,235	0,478	2,403	0,323	19,251	0,000	Distinguished
15	4,401	0,465	1,392	0,436	19,050	0,000	Distinguished

The unmarked paragraphs were excluded and their number (3) in the first area excluded paragraph (13). In the second area, paragraphs (5, 9) were excluded.

Internal Coherence Factor

The discriminatory capacity of the paragraphs does not determine their homogeneity in measuring the phenomenon established for measurement. There may be close paragraphs in their discriminatory

power but they measure different dimensions. This method assumes that the overall degree is a criterion of sincerity. The paragraph is deleted when the degree of attachment to the overall degree is low on the basis that "The paragraphs do not measure the phenomenon measured by the scale and the use of the internal consistency method distinguishes the scale with important features" is 10

1. Internal consistency procedure is one of the sincerities of construction
2. Internal consistency procedure is to extract for the stability of the paragraphs
3. It makes the scale homogeneous in its ability by measuring every paragraph the same dimension as the entire scale.

The value of this indicator was extracted using a simple correlation coefficient (Pearson) between the degree of each poverty and their score on the scale as a whole by statistical pouch (spss) and after the completion of the statistical analysis of the psychological combustion measure and self-estimation, 3 paragraphs of the psychological combustion scale were excluded

Internal Coherence Coefficient of Paragraphs in Each Area for Psychological Combustion Measure

The researcher used Pearson's correlation factor between the individual scores of the sample per paragraph and their scores on each area of the scale using the statistical bag (spss).

scientific bases of the scale

The logical analysis of the measure's poverty may not reveal its truthfulness properly and accurately, as it depends on the prima facie examination of the paragraphs, and for the purpose of disclosing the veracity and consistency that are one of the most important standard characteristics of the scale, the researcher subjected the forms to statistical analysis, as Zakaria Mohammed et al.¹¹

honesty

The authenticity of the information contained in the scale means that the instrument can measure the quality or purpose for which it is designed and the veracity is "the test measures the ability, character, direction or willingness to measure the test, that is, what it is meant to measure."¹² The greater the methods of gathering evidence, the greater the confidence in its use, and the researcher has obtained the following honesty indicators:

Apparent honesty

This type of honesty aims to know the extent to which the test or measurement represents aspects of the trait or attribute to be measured, and whether the test or scale measures a specific aspect of the phenomenon or all of it measures "the extent to which its content conforms to what it wants to measure and is used in determining the opinions of experts in the field it attempts to measure".¹³

This type of sincerity was achieved when the two measurements were presented to a group of

specialists in testing, measurement and mathematical psychology to determine the validity of their paragraphs and the ability of those paragraphs to measure what they had been placed for.

sincerity of construction

It is one of the most appropriate types of honesty to build standards and is genuinely called concept or hypothetical composition because it depends on experimental verification of the compatibility of the grades of the paragraphs with the property or concept to be measured. The methods of analysis of the paragraphs are indicative of this type of honesty are

First: The style of the two parties' groups

This was verified when the discriminatory capacity of the paragraphs was calculated in the way of the two extremist groups and using the test (T-test)

Second: Discriminatory capacity

The researcher used the two-party group method to detect the distinctive paragraphs in the scale construction

Discriminatory capacity means "the extent to which paragraphs are able to distinguish between higher-level and lower-level players in relation to the area measured in paragraphs."¹⁴

Scale Stability

Stabilization calculation is a good metric characteristic because it indicates the consistency of the metric paragraphs in measuring what they are supposed to measure with an acceptable degree of accuracy. and the consistency of the test indicates (accuracy of the scale in observation, inconsistency with oneself, consistency and consistency in information provided to us on an individual's behaviour) ¹⁵and, to verify the stability of the two measurements, the researcher used two methods: halfway fragmentation and Facronbach

First: Facronbach Method

The Fakronbach constant coefficient is used to measure the instrument's stability in terms of the internal consistency of the instrument's vertebrae. The instrument is consistent if it measures a specific characteristic in terms of honesty and consistency.¹⁶ The constant was extracted in this way by applying the Cornbach equation to 100 players using the statistical bag (spss). The value of the stabilization coefficient of psychological combustion was shown to be 0.738. The stability factor of the self-assessment measure was 0.984, which is a high

Jami'iyah, 1971, p. 54.

¹¹ Muhammad Hassan Allawi and Muhammad Nasr al-Din Radwan: Measurement in Physical Education and Psychology, 1st Edition, Cairo, Dar Al-Fikr Al-Arabi, 2000, p. 219.

¹² Show, marine scales for the measurement of attitude. New York: Mc Grow hill ,1961,p73

¹³ Appendix No. (1)

¹⁴ Marwan Abdel Majeed Ibrahim: Scientific Foundations and Statistical Methods for Tests and Measurement in Physical

Education, 1st Edition, Jordan, Al-Fikr for Printing, Publishing and Distribution, 1999, p. 140.

¹⁵ Ahmed Suleiman Odeh: Measurement and Evaluation in the Training Process, 2nd edition, Amman, Dar Al-Amal, 1993, p. 235

¹⁶ Fouad Abu Hatab and (others): Psychological Evaluation, 3rd Edition, Cairo, Anglo Egyptian Bookshop, 1987 AD, p. 101.

stability indicator.

Table (6) shows the coefficient of association between the degree of each dimension of the psychological combustion scale and the overall degree of the scale

Psychological combustion scale			
T	Field	Calculated R value	Sig
1	Feeling emotionally stressed	0.693	0.000
2	Feeling dull	0.738	0.000
3	A sense of lack of a sense of accomplishment	0.583	0.000

Statistical indicators of the construction sample

To find out how close or after the sample answers to normal distribution, the researcher calculated the metric twist coefficient.

Table (7) shows some statistical indicators of the construction sample on the scale

Scale	SMA	Standard deviation	standard error	torsion modulus
Physiological burnout	219.250	64.015	0.26	0.781

The torsion coefficient of the psychometer (0.781) The value of the twist coefficient of the measure of self-esteem (0.689), which is positive, indicates that the natural curve is heading to the right and that the value reached by the researcher is small, indicating that the sample was distributed in a way that is almost close to normal distribution because the typical distribution coefficient is zero and flattens as it approaches the number (3).

Benchmark scores

The extraction of standard scores is an important step in the rationing of the scale, as the raw scores obtained by the laboratory do not depend on comparison with other laboratories until they have been converted into standard scores, which tell us how others perform on the test itself.¹⁷ Scott is defined as "tables used to interpret test scores where they can be used to indicate the level of laboratory".¹⁸

After the researcher collected the data for the construction sample from the Iraqi Super League players with the handball and the researcher obtained the raw grades, which are indistinguishable and express the initial result of the two measurements. Therefore, they must be converted into standard scores, which represent the way to determine these raw grades. () indicates the standard scores of the psychological combustion measure and self-esteem of Iraqi Super League players with handball as well as the standard scores of the scale areas.

Standard levels of scale

Levels are standard criteria that represent the objective or purpose to be achieved for any quality

or characteristic because they include grades indicating the levels necessary for this.¹⁹

To determine these levels, the researcher used the natural distribution curve (kaos) and is one of the most common distributions in sports education because many of the qualities and characteristics said in this aspect are approaching their distribution from the natural curve.²⁰

(Among the characteristics of the natural distribution of levels, the researcher selected (5) levels of the psychological combustion scale and five levels of the measure of self-esteem and standard scores of (12) standard degrees,

The final application of the scale

After completing all the design requirements and procedures of the two scales, the two scales are ready to apply and the psychological combustion scale is made up of (42) A paragraph divided into three areas where the former encompassed a sense of emotional stress (14) Paragraph and area of feeling country (13) Paragraph and area of feeling underachieving (15) A paragraph where the researcher finalized the scale on the application sample. (70) Player of the Iraqi Super League clubs with a handball dated from (/2022 to/2022) The (70) questionnaire form has been recovered and after analysing the responses of the search sample the data has been collected in a special form, as each player has its own score.

procedures for the preparation of the psychometer

The objective of the scale's preparation to be defined:

The first step for the preparation of any measure is to clearly define the objective of the scale and what is the desired use of this measure, and the objective of the current measure is to arrive at a measure showing psychological toughness.

Choice of Psychological Hardness Scale

After examining similar studies related to current research and in educational fields, the scale of psychological hardness was selected

Preparation of psychometric combustion paragraphs

The scale consists of a number of paragraphs, and the type of paragraph is determined according to

17 Mahfouz Ahmed Joudeh: Basic statistical analysis using spss, 1st Edition (Jordan, Amman, Dar Wael for Publishing and Distribution, 2008, p. 298

18 Abd al-Jalil Ibrahim (and others): Psychological tests and measures, University of Mosul, Dar al-Kutub for printing and

publishing, 1980, p. 46.

19 Muhammad Hassan Allawi and Muhammad Nasr al-Din: Measurement in Physical Education and Sports Psychology, Cairo, Dar Al-Fikr Al-Arabi, 2000, p. 301.

20 seen extension

several considerations, the most important of which are:²¹

1. Function or functions measured by the test.
2. The purpose of the test.
3. Type of sample to be measured.
4. Time limits and costs.
5. Authenticity and consistency of paragraphs.
6. Procedures for the design of the scale.

Table (8) shows the key to patch the search tool.

grades	A very big degree	Big degree	Average degree	Small degree	A very small degree
Weights	5	4	3	2	1

Determining the validity of psychometer paragraphs

For the purpose of determining the validity of psychometer paragraphs, the researcher presented the adult scales paragraphs. (23) Paragraph (*)²² on the pool of experts and specialists in general psychology, sports psychology, testing and measurement (15) Expert and Specialist (**) ²³ After the collection and discharge of the forms, the specialists' responses were analysed through the use of a law (Ca 2) and the indicative level (0.05) of comparison between conciliators and non-concurrenents, show that all of the paragraphs (23) A paragraph has obtained full agreement on its validity in measuring psychological hardness, and the researcher has taken all the observations made by experts and specialists.

Psychological Hardness Scale Trial Procedures

After the preparation of the paragraphs of the scale, the main step, his experience, comes from:

Exploratory Experience of Psychological Hardness Metric

The scale paragraphs may not be as clear to the testers as they are to the researcher, so the researcher conducted an exploratory experiment on a group of trainers to identify by them the following:²⁴

1. To identify the circumstances of the application of the scale and the accompanying difficulties.
2. Time taken for the delivery and receipt of forms.
3. Ascertain the clarity of the instructions to the examiners.
4. Quantify respondents' uptake of measurement paragraphs.
5. Identify the adequacy of the auxiliary working group.

Accordingly, the researcher conducted his survey experience on Saturday and Sunday 15-16/1/2022 at 2:30 pm on a sample of (10), the researcher identified in this experiment the time taken to perform the test calculated by recording the time of the first

laboratory to finish the answer, and it was (10) A minute, the last time I finished the answer was (13) a minute, and by calculating the average time of the answer and reaching the test time is (11.5) a minute, so that the scale with its instructions and 23 is ready to apply to the scale sample.

The main experience of the psychometric hardness on the sample setting

For the purpose of ascertaining the objectives and requirements of the research, the metric applied in its paragraphs (23) paragraph (*)²⁵ to the 100 sample of the preparation. The researcher emphasized the need to read the instructions and paragraphs accurately and to respond honestly and honestly to all paragraphs of the metric during the period from Monday, 24/1/2022, to Sunday, 13/2/2022. When the researcher distributed the scale to the individuals of the preparation sample to answer his paragraphs according to an action plan developed by the researcher with the members of the auxiliary task force, following the following steps:

1. Explanation of the scale's vocabulary and instructions by the researcher to the auxiliary task force.

2. Explanation of the metric's vocabulary and instructions for trainers (sample preparation) by researcher and auxiliary staff members.

3. No intervention by the researcher or members of the team assisting with the answers of the individuals of the sample.

1. Neglect answers that do not meet the requirements of the established scale and its instructions.

Method of Correction of Psychological Hardness Scale Phrases

The purpose of the scale correction is to establish a degree of the examiner's response on each of the paragraphs of the scale by means of the correction key, after applying the scale to the sample of preparation, collecting the forms and extracting the overall scores of it using the prepared correction key, as the higher score of the scale (115) and the lower score (23), after completion of the grading discharge is ready for statistical analysis.

Psychometric properties of psychometer

Each scale has to have basic conditions in it to ensure that it is honest and consistent. The researcher must rely on the scientific basis of the scale to ensure the integrity of the scale. The following steps illustrate this:

Scale validity (psychological hardness)

Validity is when the test measures the ability, trait, attitude, or willingness that developed the test

To measure it, that is, it actually measures what it

²¹ Muhammad Hassan Allawi, Muhammad Nasr al-Din Radwan: a source previously mentioned, 1988, p. 184.

²² Kamal Abd al-Hamid Ismail and Muhammad Nasr al-Din Radwan: Introduction to Evaluation in Physical Education, 1st Edition, Cairo, Dar Al-Fikr Al-Arabi, 1994, p. 23.

²³ Sabah Hussein Al-Ajili (and others): Principles of Educational Measurement and Evaluation, Baghdad, Ahmed Al-Dabbagh Office for Printing and Reproduction, 2001, p. 66.

²⁴ See appendix (12) of the burnout scale items form.

²⁵ See Appendix (11) Experts and Specialists Form.

intends to measure²⁶, and the researcher is keen to achieve the validity of the test, by relying on two types of validity, namely

Honesty of the content (honesty of experts):

The general form of the test or its external appearance in terms of its vocabulary, objectivity and clarity of instructions²⁷. The researcher used this type of honesty when he took the views of a group of experts and specialists in general psychology, sports psychology, testing, measurement and the use of the Kai square (K2), and met with experts to establish the validity of all areas and paragraphs of the scale.

Scale stability (psychological toughness)

The consistency of the test or measure means the accuracy, consistency or consistency with which the test or measure measures²⁸ the apparent test or measure for which it is developed. The consistency of the measure is attributable, i.e. it "gives converging results or the same results²⁹ if applied more than once in similar circumstances.

Halfway segmentation

This method was used for the purpose of establishing the gauge stabilizer as the application sample data of the number was adopted (100) After excluding forms not ready to be counted as the number of paragraphs of the scale (23) A paragraph, and the researcher divided the paragraphs of the scale into individual and even paragraphs, depending on the coefficient of association (Pearson) between the two groups with statistical pouch mediation spss) was the constant score (0.876), and to find a full degree of stability the researcher used an equivalent (Body), with its stability score (0.933), which is a high value indicating scale stability.

Substantive

Objectivity is an important factor to be found in a good test. Research with multiple alternatives is well objective for arbitrators to be able to agree fully on results. Objectivity 30here is consistently achieved in accordance with the scale alternatives. No arbitrators' intervention in correcting answers.

Psychological hardness test as finished

After finalizing the test preparation procedure through the researcher's statistical analyses of the test paragraphs and verifying the veracity of the test as well as its veracity, the test became final and as formerly composed of (23) *31 higher (150) and lower (30) degrees.

Statistical means

The researcher has used the Statistical Information System (SPSS) and Excel.

1. Percentage.
2. Kai box.
3. TT test for independent samples.
4. Simple binding coefficient (Pearson).
5. Sperman Brown equation.
6. Standard deviation.
7. Alpha Crewe Plant.
8. Standard Grade XX and T.
9. Computational medium.
10. Mediator.
11. Torsion coefficient.

4. Presentation, analysis and discussion of results

1-3 presentation and analysis of psychocombustion metric results, analysis and discussion

Table (9) shows the computational medium and standard deviation of the application sample for psychometer combustion

Scale	SMA	Hypothetical mean	Standard deviation	Sample	Level
Physiological burnout	139,54	126	21.73	70	Average

Through the table it is shown that the computational medium of the psychometer 139.54 and the

hypothetical medium 126 and the standard deviation was 21.73

Table (10) showing standard levels, frequency and percentage of application sample for psychometer combustion

levels	Standard Grade	Raw Grade	Repetition	Percentage
very high	68-80	177-210	10	%14.28
high	56-68	143-176	12	%17.14
middle	44-56	110-142	42	%60
low	32-44	76-109	4	%5.71
very low	20-32	42-75	2	%2.85

Table 10 shows the psychological combustion metric levels of individuals in the application sample at a

very high level of 10% 14.28, a high level of 12% 17.14, an average level of 42% 60, a low level of 4, a

26 Amer Saeed Al-Khikani and Ayman Hani Al-Jubouri: Practical Uses of Mathematical Psychological Tests and Measures, Al-Najaf Al-Ashraf, Dar Al-Diyaa for Printing, 2016, p. 64.

27 See appendix (12) of the psychological burnout scale.

28 Abd al-Rahman al-Isawi: Measurement and Experimentation in Educational Psychology, Dar Al-Nahda Al-Arabiya, Beirut, 1974, p. 54.

29 Ali Somoum Al-Fartousi and others: measurement, testing and evaluation in the mathematical field, Baghdad, Al-Mohimin Press, 2015, pp. 200-201.

30 Muhammad Hassan Allawi, Muhammad Nasr al-Din: a previously mentioned source, 2000, p. 278.

31 Louis Kamel and others: Personality and its measurement, Cairo, The Egyptian Renaissance Bookshop, 1959, p. 299.

percentage 5.71, a very low level of 2 and a percentage of 2.85.

Table (11) shows the computational medium and standard deviation of the application sample in measuring psychological hardness

Scale	SMA	Hypothetical mean	Standard deviation
Physiological hardness	78,41	69	11.34

Through table (11), the computational medium of the psychometer 78.41 and the hypothetical medium 69, the standard deviation was 11.34.

Discussion of the results of the relationship between psychological combustion and the psychological hardness of the application sample

The psychological toughness of handball players is related to a moral relationship with the positive trend of competition results And that means the higher the level of psychological toughness the greater the chance of winning and thereby contributing to the best achievements. The research attributes the emergence of this result to the importance of psychological toughness in strengthening players' enthusiasm and raising self-confidence in controlling emotions, behaviors and challenging difficult attitudes, as well as the commitment to creativity and sporting values and not giving up easily, which raises their efforts to win self-fulfillment in a spirit of honest competition that focuses on the required duty.

Al-Sharbini (2005), quoting Bernard and others, asserts that there is a correlation between psychological toughness, ability to deliver and good health. 32

Kobaza also emphasizes that psychological toughness is compounded by three dimensions and not enough of one component of hardness to provide us with the courage and motivation to shift pressures for more positive things. 33

Brooks (2005) also emphasizes that an individual with psychological toughness is able to deal effectively with psychological stresses, challenges and the ability to deal with frustration, mistakes and trauma. Many researchers and specialists also agree that an individual with good psychological toughness can lead an athlete to make the utmost effort to win. 34

5. Discussion of outcomes

The researcher attributes the centralization of the responses of most members of the research sample (application) to the average level of the psychological combustion variable due to the range of internal and external influences faced by handball players that affect their psychological entity and disrupt their balance, which causes difficulty of adaptation both at the psychological and skill levels. It agrees with the researcher's opinion (salima

hamouda, 2017)

Burning at the technical and psychological level of individuals is influenced by sometimes feeling the internal self-deficiencies that players may experience as a result of the pressures on them. Perhaps the most exciting and burning areas of action for players are psychological pressures, subjective and emotional aspects, personal goals and external ones characterized by durability and continuity in terms of requirement and investigation by players being caused by psychological depletion as a result of emotion and lack of feelgibility.

From the researcher through and the answers of the application sample and the concentration of most of them in the middle level, Most players in the Premier League, as a result of the pressures and competitiveness they face, expand and diversify the tasks objectives and evaluations they perform through many matches through which they seek to develop themselves and achieve the goals they attain, which may sometimes not fit the skill and psychological potential and how much goals have been set for them either by them or by the coaching staff or to accumulate personal or secret problems. He agrees with the researcher's submission (Mohsen Ali Musa et al., 2009) (Players suffer many reasons for accumulating some different problems (confidentiality, personality, or public) and the 36 persistent physical, skill and emotional stress of Iraqi Super League handball players. 37

From the foregoing explanation of the results of the sample answers, the researcher considers that the diversity of players' levels in measuring this phenomenon is due to individual differences. This has made most individuals of the application sample at the mid-level to converge in problems leading to psychological combustion and at all levels. This diversity is due to the different physical, psychological, administrative and social aspects of the players. (Princess of Hanna Mark, 2001), where he cites the causes of psychological combustion in most players and within the middle level that they need continuous calendar, motivation and follow-up, that general injuries and stressors and what the researcher stated need to urge players to calendar and motivate players. 38

Conclusions and recommendations

32 Abd al-Jalil Ibrahim al-Zari'i and (others): educational psychology. 2nd Edition, Ministry of Education Press, Baghdad: 1987, p. 30.

33 See appendix (12) of the psychological burnout scale.

34 Hanim El-Sherbiny: Attitude towards academic cheating and its relationship to psychological hardness and guilt among a sample of university students, Journal of the College of Education, Issue 59, Mansoura University, 2005, pp. 382-347.

35 Kobasa S.C: 1979, p. 37-111.

36 Brooks, R.B.: 2005, p-297-314

37 <http://SV.01282.com.coaching/other-coaching>

38 Salima Hammoud and Taus Wazi: Psychological burnout and self-esteem, a field study on a sample of psychologists in the city of Ouargla, Algeria, Arab journal of physical, fourth issue, volume, 2017, p. 106.

4.-Conclusions

1. . Psychological combustion scale is suitable for measuring the psychological combustion dimensions of the sample
2. The responsiveness of the sample members ranged from intermediate to high level between the two measures of psychological combustion and psychological hardness
3. An association of moral statistical significance has emerged for psychological combustion and psychological hardness.

Recommendations

1. The possibility of adopting the two measures to detect psychological combustion and stiffness in the players of the Iraqi Super League clubs with handball
2. Adoption of the Psychological Hardness Gauge of Iraqi Super League Club Players with Handball
3. Conducting similar studies on samples of other mathematical levels (young people) and others
4. Similar studies on a sample of handball players
5. Quality lectures and seminars for players and coaches to strengthen psychological hardness and burnout

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